

VOICE OF THE RESIDENTS

VOL. XXIII, No. 3

BROADMEAD, COCKEYSVILLE, MD.

November, 2001

Satisfying Multiple Thirsts

Broadmead's Water Server Volunteers

By Bonna L. Nelson

Do you enjoy a fresh cup of water and the greeting of a friend at the beginning of each day? Dressed in coral smocks or red vests, Broadmead's thirty water server volunteers, and fourteen substitutes deliver these simple pleasures each morning to Residents living on Hollowell and Taylor Halls. With smiling faces and cheerful greetings the volunteers fill cups with water and ice and make their rounds delivering to sometimes over seventy-five residents.

As you may know, water is a vital compound in living systems, and is one of the most important as well as abundant inorganic substances in the human body. Water makes up between 45 and 75 percent of total body weight. According to the authors of Principles of Anatomy and Physiology, "About 60% of red blood cells, 75% of muscle tissue and 92% of blood plasma is water." Water aids digestion, helps to maintain body temperature, and serves as a filter and a lubricant. Our primary source of body fluid is the water derived from ingested liquids and food that has been absorbed from the gastrointestinal tract. Health experts recommend that adults drink between six and eight 8 ounce glasses of water a day for optimal health.

The Broadmead water server volunteers assist the Broadmead Health Care Staff by serving water in the morning, and staff on all three shifts serve water throughout the rest of the day and evening. The Volunteers are a reassuring presence to Residents living on Hollowell and Taylor. According to Kathaleen Kennedy, the Water Server Volunteer Program is one of Broadmead's oldest volunteer programs. Water Server Volunteers started serving soon after the first residents arrived over twenty years ago.



Above: Jeannette Cabeen. Upper-Right: Mickie Harman and Dorothy Sartorius. Right: Jane Tapley. All volunteers, all serving water to Residents in our Health Care facilities, Hollowell and Taylor Halls.



Current Resident Health Care Volunteer Co-Chairpersons Jessie Besoré and Evie Dempsey; Director of Nursing, Heather Heiler; Director of Social Work, Karen James; and I, thank

all of the dedicated volunteers currently serving, and the past water servers, for their contributions of time and heart to this wonderful program. If you have an occasional hour to spare in the morning, please contact Bonna Nelson to join this enthusiastic, dedicated team. ***And don't forget to drink your 8 glasses of water each day!***

Letters to the Editor

Dear Editor:

My, or rather my husband Peter's dog, a ten year old feisty Scotty named "Mac," recently was lost for 22 awful, endless hours. I was astounded by the outpourings of concern and help I received from the Residents and Staff. I was supported and **embraced** by this wonderful community in which Peter and I have lived since May 4, 2001. Thank you, thank you, thank you! I know I am also speaking for Sally Bloomer, my neighbor. From the very day I moved in, Sally has "sort of" co-owned our dogs, Krista and Mac.

Wilnet van Berkum

Editors Note: The preceding letter was printed originally in the October 2001 issue of the VOICE of the RESIDENTS. It is repeated here to correct an error I made in transcribing the author's handwritten text.

Dear Editor,

I recently received a copy of your September issue of the Voice of the Residents because it featured a very dear person that I met while visiting my mother, Dorothy Benbow, in C-5. I enjoyed reading about this lovely lady, Mary Ellen, and her toad visitors and passed this article along to my husband, David. He has written the following limericks about Thaddeus and Thad, and I wanted to pass them along just so you know that stories from Broadmead do cause a reaction in the Midwest.

Thaddeus

All hail now to Thaddeus the toad:
He's traveled a very hard road.
He flew through the sky
To the Toad House on high
And took up a grand new abode.

and Thad

Said Thad, "I thank Mary Ellen
For given me my new dwellin'.
I am now snug and dry
Here high up in the sky.
Now I can work on my spellin'."

Sincerely,
Jean Gadziola
Muncie, Indiana

58 DOLLARS

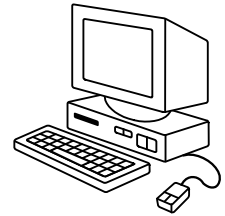
That's all it cost for a whole "new world" to be opened to me.

Yes, I am talking about the Eldertek computer course. As a true beginner, I've learned the fun of "you've got mail."

My sincere thanks to:
Broadmead – the
sponsor, and
Eldertek - the provider

for an exciting and rewarding opportunity.

Edna Kehoe



Bridge Tournaments

By Betsy Griffin

Round Robin I

- 1 - Beth Brown and Betsy Griffin
- 2 - Betsey Spragins and Barbara Vosburgh
- 3 - Paula Balser and Maxie Howlett
- 4 - Jane Larmore and Mary Lou Moon
- 5 - Charlotte Hurtt and Violet Miller
- 6 - Helen Gibson and Gail Rinehart

Round Robin II

This bridge group recognizes only the winning team, which was:

Bill and Teru Mottley

IN MEMORIAM

John H. "Jack" Winter, Jr.

September 23, 1923

October 11, 2001

Eva Leah Milbouer

July 28, 1911

October 12, 2001

Editor's Note:

When you read about Sally Bloomer's unbelievable experience of **September 11, 2001**, you may note that she returned to Broadmead without her luggage. It remained in New York in the Marriott Financial Center Hotel. As one final note to this story, her luggage was returned to her from the Marriott La Guardia Hotel on October 17th.

SEPTEMBER 11, 2001 *as experienced by Sally Bloomer*

The decision to leave the group after breakfast at the Pearl Street Diner and go to Wall Street to see the opening of the New York Stock Exchange at 9:30 am meant that I was just four blocks from the World Trade Center when tower No. 2 was hit. Arriving in the elevator on the first floor of the exchange they ordered us down and out of the building.

On the street looking up at the World Trade Center we saw flames lapping through the windows. Papers were falling slowly from above and large pieces of metal, not so slowly. I stopped to pick a computer printed paper off the sidewalk. I made my way south toward my hotel the Marriott Financial Center located two blocks south of the burning building, still not knowing about the plane collision. I stopped in a group to gaze upward with a lady sitting in a chair and a man with two dogs. Where are they now?

Suddenly there was a loud swishing sound. We all instinctively turned away and started running. I remember thinking "How fast do I have to run to escape this?" Not long, for in seconds we were enveloped in a cloud of cinders and soot. I kept moving slowly until with my outstretched hand I felt a brick wall and I stepped up on a curb. Nothing to do but stand there until visibility returned. Then in semidarkness I wandered around wondering if I should head toward the Jewish Museum in Battery Park where I had visited yesterday. That was a pyramid shaped building built like a fortress. But it might be a likely target.

A first aid van appeared out of nowhere. They pulled us in to sit down while we used inhalators, donned dust masks, and were given bottles of water. They then suggested we move south toward the Staten Island Ferry. I remember thinking I didn't really want to go to Staten Island, but on second thought it seemed the wise thing to do. As the crowd moved slowly along I almost went down an incline into a tunnel, but was warned in time. I realized we were on the ferry when it began to move.

When we disembarked, a kind man wrote the name of the only hotel on Staten Island and directed me toward the blue line. After a long wait and a long ride I was in the hotel lobby jockeying for position to sign in. I was 54th on the list and after three hours had a room with a TV set. I had heard about the Pentagon, but knew nothing about the plane collisions and collapsed buildings.

After a sleepless night, about eight o'clock the next morning I decided I was never going to get off Staten Island sitting in this hotel room. Down in the hotel driveway were some gentlemen with two cars getting a battery charge. I said if they were going south I would go as far as they were willing to take me. At first they said they had no room. They were going to southern Jersey since their two-day job as voting machine service men had been interrupted. When they learned I had been so close to the tragedy, and just wanted to get headed toward Baltimore, they decided they had room.

We started out on the Jersey turnpike going north instead of south until the coolest head among us pointed out that the sun was on the wrong side of our car. About one-half hour along, Joe the driver, a retired ironworker, asked me where I lived in Baltimore. "Well, actually I live north of the city about twelve miles." Joe looked at Ed, the retired history teacher, and said "We'll take you home." After much protesting it was settled. I was delivered right to Broadmead's front door. The history teacher asked only that I make him a copy of the computer printed statement that I had picked up after it fell from the sky. It was dated and had the letter heading Marsh and McLennan, an insurance brokerage that employed 1,700 people on the 96th floor of tower No. 2. Two days later I met a hiking friend whose sister had been one of the 1,700.





BROADMEAD WELCOMES

By Betsy Griffin

Jean (Mason) Dabney (Mrs. Reginald)

SR-210 410-785-3119 August 2001

Jean was born and raised in New York and attended business school there. She had always expected to follow her pediatrician father to medical school, but when the Great Depression prevented that option she entered the health care field by working in several New York hospitals. She later worked with Dorothy Draper as a decorator, and as a party planner and promoter for Shirley Temple. She came to Baltimore with her late husband who was the head of Maryland Blue Cross. She has a son, a biologist and teacher living in Hawaii, and one grandson. She was an active member and volunteer with the Junior League of Baltimore, and has worked with the Children's Guild, the Visiting Nurse Association, and Home Health Aides. Jean is an avid reader, plays bridge, and has the unusual 40-50 year hobby of fly fishing. She has regularly visited a fishing camp each summer in Vermont to practice that art.

Doris (Neiswender) Eiring (Mrs. John)

J-16 410-527-1865 August 2001

Doris was born and raised in Baltimore and attended Forest Park High School. She did secretarial work for the State of Maryland before joining the Federal Government at Social Security for a 35 year career serving as an executive secretary. When Social Security split with Medicare, she remained with the Medicare branch and helped write the first Medicare Handbook. She has a step-daughter, two grandchildren and two great grandchildren. She is very active at the Chestnut Grove Presbyterian Church where she served as a deacon, a member of their hand-bell choir, and a church office volunteer. She enjoys gardening, bowling, bingo, and caring for her little Pekinese dog, Daisy.

Diana (Diederich) Blake (Mrs. F. Gilman)

L-3 410-771-1018 August 2001

Diana was born in New York but educated around the world while traveling with her sculptor

father. She has lived in Baltimore since 1955 and attended the Maryland Institute of Art. Diana has been employed in various areas including Eastern Air Lines, the Baltimore Zoo, and was with the Medical Corps during the Korean War.

Bill & Hope (Ringland) Benson

C-21 410-785 1931 September 2001

Bill was born in Washington, D.C. and Hope was born in Cincinnati, Ohio. They met as students at Wooster College, were married and moved to Baltimore while Bill was completing his medical education in internal medicine at Johns Hopkins Medical School and internship at the Union Memorial Hospital. Hope studied early childhood education in Cincinnati and worked in a nursery school there and in Baltimore.

The Bensons have three children and six grandchildren. Their son holds a PhD in clinical psychology and works with substance abuse at the Veterans Hospital in Baltimore. One of their daughters has spent three years in Greece, three years in India, and is an artist and teacher. Her sister is a Registered Physician's Assistant and works with public health in Venezuela. Bill and Hope are active at the Northwood Appold Methodist Church where Hope sings in the choir, and both she and Bill serve the area for Meals on Wheels. During the Korean War Bill served in the U.S. Naval Reserve at the Oakland Naval Hospital in California. Bill's interests include golf and horseshoes while Hope's are music and crafts.

Welcome to Broadmead

Lecture on Hearing Loss

By Lin Hargrove

Wednesday, November 7 at 10:30 am
in the Auditorium

**Topic: "Hearing Loss - Causes,
Interventions, and Resources for Help"**
Speaker: Ms. Bette Stevens, M.S., C.C.C.-A.
Administrator of the Audiology Clinic
at Towson University

Other Newly Arrived Residents

Ed and Bettie Byerly F-8 410-229-9822

A Day I Will Never Forget

By Lauren Richardson
(George Brownell's granddaughter)

Today is a day I will never forget.
For today is the day
That flames exploded
out of the World Trade Center.
For today is the day
of a terrorist attack.

Today is a day I will never forget.
For today is the day
the World Trade Center crumbled,
taking with it the hopes and dreams of Americans.
For today is the day
that children cry for their mothers and fathers,
who will never come home.

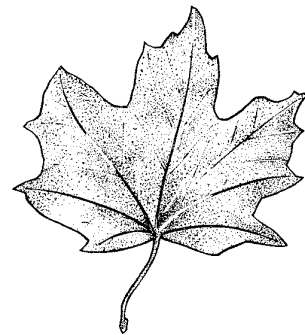
Today is a day I will never forget.
For today is the day
when hatred for others
overpowers love and happiness.
For today is the day
when lives are lost to the burning flames
and crumbling towers.

Today is a day I will never forget.
For today is the day
when human nature is tested.
For today is the day
when we must hold our heads high,
hold our hands out to others.
And fly our flags high up to the sky.

Editor's Note: *Lauren is 13 years old and is in Grade 7 at Park School. Her poem was the result of a school assignment. The students had been asked to express their feelings about the terrorist attack on September 11, 2001.*

SEASONAL PLEASURES

By Sarah Cooper



From the small yellow oval leaf (maybe from a locust tree) to the dull red miniature (perhaps from a maple) to the finely cut little brown oak leaf I have found and pressed, I own samples of autumn finery in waiting. Outside my window, the trees offer a subtle pattern I cannot hope to equal. We may not have the scarlet of the maples that shakes one poet, but just the soft colors I watch imperceptibly changing make a wonderful palette. In one direction, the yellows have it, gold and burnished in the sun, softening into tan and copper tones. On the right, a single tree favors red, dark red, soft - not brilliant. Even those branches that hold mostly green leaves are splashed here and there with color. It's a thoroughly engaging spectacle that intensifies each day, and I sit here with my samples, and my view, and my pad and pen wondering how I can make my words crisp, and sparkle and shine with the color of autumn.

It has been a good summer. We've had bearable warmth, we've had a succession of lovely sunny days. We've had enough rain to keep green things growing, even a rainbow for those who trained their eyes in the right direction at the right time. So as October gently advances, as the colors brighten even more on our hillside, as walkers take to wearing gloves and caps, let's set ourselves for the long haul and rejoice in the temperate climate that assures us of these rarified wonders: the leaves that glorify this season, the weather to celebrate it, and the confidence that when the last leaf falls in November, there will be a new lot to watch next year.

Don't miss out on the BROADMEAD EMPLOYEE CRAFT FAIR
in the Auditorium on November 16 from 10:00 am to 3:00 pm.
Wonderful crafts made by Broadmead employees. Great holiday gifts.



Healthy Aging, a Lifelong Experience

By John B. De Hoff, M.D.

“Grow old along with me! The best is yet to be, the last of life, for which the first was made.” (Robert Browning) Like wines or furniture, art or music, we humans improve with age. “More or less,” I hear you say, “some do and some don’t.” The care and nurture we received in early years from our parents, and their genetic material contribute to our health today. More important is the care we gave ourselves by choosing healthy habits.

Normal aging begins at birth. Childhood life styles stressed learning new skills as we climbed up a scholastic ladder or dove into major employments. Pride in new skills at work or at play mark a youthful aging. Then came the middle years when we had to reduce or give up former pleasures. Now, friends or spouses oft remind us that some old habits are no longer healthy or appropriate.

What about those habits? Have you done well? Over the years, our muscle mass and hearing tend to decrease. Decrements in high frequency hearing occur even prior to voting age, and low frequency acuities drop after retirement age. Blood pressure tends to rise, and we get up at night when urinary bladders lose capacity. Fat moves easily to female hips or to male bellies. We lose brain cells but we hope no one notices it. Not all changes are bad. In fact, some evidence exists that continued learning helps to build a “brain reserve” that keeps us alert and aware.

At Broadmead, positive reinforcements for healthy living are ever present. Each resident has an annual physical checkup with needed consultations, or ancillary tests appropriate for one’s gender, age, and medical history. Out-patient staff assess the health of what an old-fashioned physician called “your skin and its contents,” and you provide blood, urine, and feces for routine and special exams. Modern electronics non-invasively take the measure of internal organs needing a keener evaluation. Further evaluations include a review of prescribed medications and those obtained “over-the-counter.”

The check-up ends with advice for another good year. It’s up to you to do your best to stay healthy! *Sei gesund!* they say in Germany.

First, keep the OPD staff informed of your health status. Report major changes you detect or suspect in your normal state of health, like new symptoms or different expressions of known ailments. Let the staff know if prescribed medicines have unpleasant or unexpected side effects. Follow instructions you receive and understand, take medicines as prescribed, and keep your follow-up appointments.

Next, take an active part in one or more exercise groups or activities readily available at Broadmead. At the very least, walk the perimeter road or internal paths regularly. Walk with vigor, keeping always on the alert for vehicles that also must use the route you have chosen.

Eat more fresh vegetables and fruit than you did when younger. Learn to enjoy seafood, and eschew an excess intake of meats, especially those which are fatty.

Decrease any alcohol intake to zero, or to no more than one drink a day if you are female, or no more than two if male. Alcohol may decrease bone formation, reduce the absorption of calcium, and make bones more prone to fractures. So will tobacco use. Stay away from nicotine!

Drop old or bad habits, and instead adopt healthy ones. Don’t wait for any unpleasant habit to harm you or deeply annoy a close friend. Drop it and grow a new and healthy life style.

Finally, share your health or sickness concerns readily with the OPD’s experts. Don’t go it alone. Get professional advice early and avoid a more complex illness. A well-known physician advised patients at each visit: “If your progress is anything but satisfactory, call me. If you are in doubt, resolve that doubt by calling me!”

Health care staff members respond rapidly to calls for guidance when you deem it urgent. They can easily resolve health questions that cause you to worry. Be healthy, but call for help when you need it.

NEW MEMORIAL BENCH OVERLOOKS WESTERN RUN

By William Eddison

No. it is not too late in the season to walk the grassy path along the southern boundary of the Broadmead property and see, and perhaps try out, the recently installed bench that has been placed there for walkers and for those who might wish to contemplate the lovely vista looking downstream. The stream, the Western Run, flows into the Gunpowder Falls and ultimately into Loch Raven Reservoir.

The bench with concrete footings was put in place, the underbrush cleared away, and the area, covered with wood chips all in one day on September 21st by a crew of Broadmead duty-men. There had long been talk of the need for a bench along this extensive section of the pathway, and this particular site under a wide-spreading Box Elder tree was selected in order to provide welcome shade for walkers during the hot summer. It is also a particularly pretty section of the stream with no high grass or vegetation crowding its banks. Frequently ducks can be seen swimming in the water, and occasionally the quack-quack and the flapping wings of a Great Blue Heron can be heard as it flies from one fishing spot to another along the stream. The wooden bench is a memorial to Maud Broyles, a former

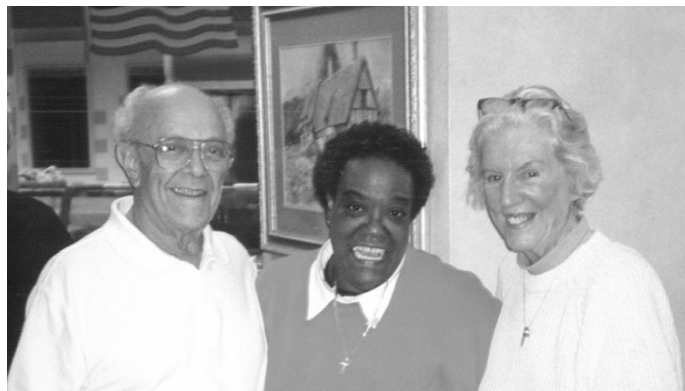


Resident and out-door enthusiast who was active with the Nature Trail Committee and sufficiently concerned about the Wetlands Remediation Project back in 1993 to have carried on a correspondence with the State Highway Administration which was responsible for the design and execution of the project. The money for the memorial was given by a close friend of hers now living in West Bloomfield, Michigan, and supplemented by one or more friends still living at Broadmead. The bench in its park-like setting now adds a certain zest and focus to the trail. I think the donor and Maud, if she were here to see it, would both be very pleased.

Volunteer Water Servers for Hallowell and Taylor Halls

<u>DAY</u>	<u>Hallowell E/N</u>	<u>Hallowell W</u>	<u>Taylor E/W</u>
Monday	Helen Bodine Carolyn Whittington Priscilla Stieff	Becky Henderson Bonnie Cox	Sara Siebert Jeanne Stephenson
Tuesday	Beth Brown Ginny Cooke	Marian Shapiro Betsey Griffin	Priscilla Howard Jeannette Cabeen
Wednesday	Marjorie Scott	Jessie Besoré Jean Hake	Barbara Vosburgh Betsy & John Geare
Thursday	Dorothy Barr Sarah Korn	Betsy Spragins Priscilla Wiswell	Dorothy Sartorius Mickie Harman
Friday	Frank Craig	Mary Strecker Hannah Wilson	Eleanor Casey Ginny Cooley
Saturday	Joan Tapley		

Note: Fifteen other Residents serve as substitutes for the above Volunteers.



*Dick Hutzler, Lenora Johnson and Jane Earhart
at Lenora's farewell party on October 11.*

To Lenora of the Coffee Shop *Pantoum*

Rarest of gems, her joyful spirit
sparkled and shone upon all of us –
all who entered the Coffee Shop.
She enveloped us in her bright laughter
sparkling and shining through sunbeam
and shadow, refracting rays of light
enveloping us in her bright laughter.
By what magic did she learn

to banish the shadows, refract the light
and remember the name of each person?
By what magic did she learn
to make us laugh along with her

as she remembered the names of all
who stepped into her domain?
We laughed and joked along with her
basked in the strong glow of her warmth

as we stepped into her domain.
Traces of her diamond beauty will linger
when we recall that glow of her warmth
and cherish the generous gift of love

she gave to her family in the Coffee Shop –
rarest of gems, our joyful Lenora.

Lynn Buck

Report from Employees Scholarship Fund

The Employees Scholarship Fund was established to assist employees or members of their immediate families in furthering their education. The following employees have received grants:

Kate Irwin and **Andrew Kirby** from the Food Service Department.

Mary (Pat) Smith and **Linda Goodwin** from the Housekeeping Staff.

We ask that you congratulate them and offer your encouragement.

A grant was also given to the grandsons of **Agnes Montalbano** whose pleasant and familiar voice you hear when you call the Maintenance Department.

We need to increase the resources of this fund. Please remember it when you are making Memorial Gifts or when you are donating to charitable sources at the end of the year. All contributions are tax deductible.

The Scholarship Committee

Vivian Cord

Harriet Duncan

Barbara Vosburgh

THE HEALTH CARE COMMITTEE AND THE LOW VISION SUPPORT GROUP

Present a Program in the Auditorium on
Tuesday, November 13 at 11:00 am

A lecture by the

Johns Hopkins Wilmer Eye Institute

Topic: Age-Related Macular Degeneration

Call Bonna Nelson for Information

VESPERS

By Elsa Lundgren

The Reverend Thomas Speers, III

Dickey Memorial Presbyterian Church

Sunday, November 18 at 4:30 pm in the Lounge

SPECIAL VIDEO EVENT

By Bob Herrmann

Sunday, November 4 at 2:00 pm

In the Auditorium

Puccini's LA BOHEME

15 Minute Intermission

OPEN FORUM EXAMINES CHARTER SCHOOLS

By Whitty Cuninggim

"The Charter School Movement in Maryland" was the topic at the Open Forum on September 20, 2001. Karen Dates, Executive Assistant to the State Superintendent of Education in Maryland, was the speaker. Ms. Dates was formerly Director of Community Relations for the University of Maryland, Baltimore. She is a graduate of the Columbia University Graduate School of Journalism in New York City, Brown University in Providence, Rhode Island, and the Friends School of Baltimore (where incidentally, she knew my granddaughter and was taught by my daughter).

Charter Schools are public schools, non-profit, and non-sectarian, which offer alternative approaches to education, and are exempt from certain rules and regulations (except those related to health, safety, civil rights, special education, criminal background checks, and financial disclosure) in exchange for accountability after a specific length of time.

Though there are over 2,000 charter schools in the United States, Maryland is one of 13 states without a charter school law. Ms. Dates believes the next legislature may change that. Without a state law, startup charter schools cannot apply for federal funds. Public charter school guidelines have been established by Frederick and Montgomery Counties.

Some charter schools have failed, notably in Arizona. Facilities and start-up funding have presented formidable problems. At this time, teachers' unions favor them. They support a bill that would include charter school teachers in collective bargaining agreements, which others fear might negate the autonomy which charter schools seek. Many districts use a lottery to determine who can attend charter schools.

The Bush Administration supports the charter school philosophy. As part of the education plan, "Leave No Child Behind," the Administration has included in its budget \$175 million through the Charter Schools Homestead Fund.

Even those who oppose charter schools prefer them to vouchers, which might result in public funds going to private schools and raise the issue of church versus state.

Though these problems exist primarily for our grandchildren, Broadmeaders were interested

and appreciative of Ms. Dates' look into the future of charter schools. She believes the Superintendent of Education, Dr. Nancy Grasmick, favors charter schools, as does she, because they both believe in the philosophy of choice in education.

Sam Legg Discussed Quakers and Violence Before the OPEN FORUM

On September 27, Sam Legg talked about *"A Quaker Approach to the Present Crisis."* He began with a brief outline of Quaker theology and the bases of its Peace Testimony, then went on to point out how it led to opposition to a violent response to the tragic events of September 11.

Simply opposing violence is not enough. He quoted Bayard Rustin who said, "Pacifism is one tenth being a conscientious objector and nine tenths preventing war by removing its causes."

In the present it is important that nations learn to listen to one another, try to understand why they think and act as they do, then find ways to work cooperatively for the benefit of all. Food is a better weapon than bombs. Sam urged the U.S. and other nations to join in an international effort to bring criminals to justice (not death) and remove important causes of animosity by instituting humanitarian relief efforts, especially in the Muslim world.

Sam says he thinks he may not have convinced anyone to accept his philosophy, but he hopes he started some people thinking.

BOOK DISCUSSION GROUP

By Sally Bloomer

The program originally scheduled for Monday, November 5, has been rescheduled for

Monday, December 3 at 11:00 am

in the Auditorium

Book: **"Gift of the Jews"**

Author: **Thomas Cahill**

The OPEN FORUM Examines Hunger in Maryland

By Palmer Fletcher

William G. Ewing, Executive Director of the Maryland Food Bank, a non-profit distributor of donated grocery products, addressed the Open Forum on October 4th. His subject was "*Hunger in Maryland*." Mr. Ewing is a graduate of The Johns Hopkins University, experienced with the Food Bank since its institution in 1979. He is a son of Broadmead resident, Marie Ewing. His presentation was supplemented by an explanatory film produced by a son of resident Betsy Griffin.

The speaker ascribed the roots of hunger to poverty, illiteracy and unemployment. In Maryland 800,000 people are sometimes hungry each month, 15 percent of them elderly and 30 percent children. A widely employed standard of poverty cites the boundary at an income below \$15,000 a year for a family of four; the speaker regarded \$35,000 to \$40,000 a year as more realistic.

Sufficient food stamps are issued to the needy to supply them for three weeks each month. It is Mr. Ewing's opinion that the government should do more. He regretted the deficiency of pressure by the voters. He paid tribute to Bea Gaddy; an advocate for Baltimore's needy who died recently.

The Food Bank operates a 400,000 square foot warehouse in West Baltimore and another in Salisbury. Dealers in food deliver to the Food Bank some of the 137 million tons, which would otherwise be discarded in our country each year. Food becomes available when dealers are faced with oversupply, underutilization, or mislabeling. Twelve million pounds are available to the Bank yearly. The Bank sells the accumulated food for 14 cents a pound to feeding centers, such as soup kitchens, which have blossomed in recent years. Another half of the Food Bank's income depends upon donations from Maryland organizations and individuals. The Bank enjoys a "tax-deductible" status for gifts.

Mr. Ewing expressed concern that the ter-

rorist actions of September 11 may cause a shift of donations away from support of local institutions. He urged his audience to regard hunger in Baltimore as a persisting emergency requiring continuous remediation.

Dear Friends:

On the fortnight of my departure, I wanted to leave behind some sentiments that only scratch the surface of the beauty within many of you:

Somewhere I Have Never Traveled

By E. E. Cummings

*somewhere i have never traveled, gladly beyond
any experience, your eyes have their silence:
in your most frail gesture are things which enclose me,
or which i cannot touch, because they are too near*

*your slightest look easily will unclose me
though i have closed myself as fingers,
you open always petal by petal myself as Spring opens
(touching, skillfully, mysteriously) her first rose*

*or if your wish be to close me, i and
my life will shut very beautifully, suddenly,
as when the heart of this flower imagines
the snow carefully everywhere descending;*

*nothing which we are to perceive in this world equals
the power of your intense frugality: whose textures
compels me with the color of its countries,
rendering death and forever with each breathing*

*(i do not know what it is about you that closes
and opens, only something in me understands
the voice of your eyes is deeper than all roses)
nobody, not even the rain, has such small hands*

Thank you for the beautiful shared experiences of the last thirteen months. As my Irish ancestors would say, "It's not goodbye, but until we meet again....."

Love,
Deb Wilson



MOVIES AT BROADMEAD

Tuesday Movies by Jeanne Stephenson

and Bob Herrmann

Saturday Movies by Fran Beasley

Tuesday, November 6 **CAMELOT**
Lerner and Lowe's regal musical with Richard Harris and Vanessa Redgrave. Winner of three Academy Awards.

Saturday, November 10 **FROM MAO TO MOZART**
This is an Academy Award winning film featuring Isaac Stern, the famous violinist, in China. The music and photography are superb.

Tuesday, November 13 **CABARET**
An exquisitely sculpted milestone in the history of the film musical. With Liza Minnelli. Winner of 8 Academy Awards.

Tuesday, November 20 **WAKING NED DIVINE**
A delightful comedy--a comedy that will make you feel like a million bucks.

Saturday, November 24 **SUNSHINE BOYS**
Woody Allen shines in Neil Simon's hilarious story of two legendary comedians who, after years of not speaking, reunite for one final show.

Tuesday, November 27 **MY FAIR LADY**
With Audrey Hepburn and Rex Harrison. Winner of 8 Academy Awards.

HELP WANTED

Resident needed to act as **Associate Secretary of the Broadmead Residents Association**. Work includes taking and writing the minutes, duplicating and distributing them. The Associate Secretary is a member of the Executive Committee.

For more information contact:
Marshall Sutton, Chair
Nominating Committee
R-14, 410-527-1786

CONCERTS

In the Lounge
By Phil Schnering

Thursday, November 8 at 7:00 pm
LET'S SING
with Herb Merrick at the piano

Sunday, November 11 at 2:00 pm
REYNALDO REYES - Piano
Professor of Music at Towson University

Sunday, November 25 at 2:00 pm
I. FEI CHEN - Clarinetist
with piano accompaniment.

General Saturday Programs

In the Auditorium at 7:15 pm
By Margaret Proctor

November 3
"Alaskan Wilderness - Up Close"
Presented by Vince Hammill,
Our very own UPS Man

November 17
"Miracle on 34th Street"
Presented by the Theater of the Air

OPEN FORUM

In the Auditorium
Thursday, November 15 at 10:30 am
Topic: "Politics in the Time of Crisis"

Speaker: Peter Maradas
Recently retired Chief of Staff
for U.S. Senator Paul Sarbanes

LET'S DANCE

By Walter Lane
With the
George Hipp Trio



Everyone Welcome
to Dance
Or just to enjoy the music.
Monday November 12
7:00 pm in the Lounge



Art Turner and Merrell Hambleton take a rest break while walking their dogs on the River Path. Everyone enjoys the new bench and the restful view of Western Run. Art's Lab, Ben, says "It's time to go."

VOICE of the RESIDENTS

Volume XXIII, No. 3

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Published September through June

Broadmead Residents Association

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Robert W. Davies, *Editor*

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Photos by: Bob Davies, William Eddison and Bonna Nelson



Broadmead

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